

# PROVIDER RESILIENCE

A mobile application to help keep military health care providers emotionally healthy as they cope with burnout and compassion fatigue.

The Provider Resilience app, from the Defense Department's National Center for Telehealth and Technology is the first mobile application for health care workers to build resilience for the stress in their lives.

**Download the app on your Apple or Android device today!**

## STRENGTH FOR THOSE WHO SERVE WITH CARE.



*"As a mental health therapist I have found it useful to monitor my own mental health. This is a product I will be using with my clients."*  
Android User, March 2012

Available on the  
**App Store**

GET IT ON  
**Google play**



For more information on Provider Resilience  
Visit: <http://www.t2health.org/apps/provider-resilience>  
Or email: [AskUs@t2health.org](mailto:AskUs@t2health.org)



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